

# Primary School Health Nurse Team Newsletter

## Term 4 March 2017

Welcome to the Term 4 newsletter from the School Health Nurse (SHN). This newsletter aims to provide families and young people with some useful tips for keeping healthy. Childhood is an important time to instill healthy habits and learn crucial life skills. Establishing these habits early on will help to improve your child's quality of life in the future and enable them to reach their full potential educationally.

Thank you to the parents of Reception and Year 6 for supporting the National Child Measurement Programme (NCMP). The programme will be completed by May and so far we have visited over 200 schools. Result letters should be with parents and carers 6 weeks after the measuring session in school.

For parents and carers who would like to discuss their child's result or request an appointment to see their local school health nurse for advice and support. Please phone 07824 498 744 or email [ncmp.enquiries@oxfordhealth.nhs.uk](mailto:ncmp.enquiries@oxfordhealth.nhs.uk)



To maintain a healthy lifestyle for the whole family visit Change4Life: <https://registration.change4life.co.uk/> or visit NHS Choices [www.nhs.uk/ncmp2](http://www.nhs.uk/ncmp2)

You can find out how your child's result was calculated, and check how your child is growing over time, by going to [www.nhs.uk/bmi](http://www.nhs.uk/bmi)

### Common causes of Enuresis

- ❖ Insufficient bladder capacity
- ❖ Irritable bladder
- ❖ Stress e.g. new baby, house move
- ❖ Constipation
- ❖ Heavy sleepers
- ❖ Certain medical conditions
- ❖ Genetic factors

Further information about SHN can be found on our website:

<http://www.oxfordhealth.nhs.uk/children-and-young-people/oxon/school-health-nursing/>



### Bedwetting (enuresis)

Bedwetting in children is a common problem; it is estimated that it affects nearly half a million children in the UK. This newsletter explains how you can support your child, and explains some of the common causes of night time wetting.

Some children do require referral to more specialised services. For initial help and support contact your SHN.

#### Resources:

**Eric** - The children's bladder and bowel charity and have excellent resources for children and their families



<https://www.eric.org.uk>

<http://www.bladderandboweluk.co.uk/children-young-people/>



## Drink enough!

4 - 8 years	Female	1000 - 1400 ml
	Male	1000 - 1400 ml
9 - 13 years	Female	1200 - 2100 ml
	Male	1400 - 2300 ml
14 - 18 years	Female	1400 - 2500 ml
	Male	2100 - 3200 ml

### It is essential that children drink the recommended amount for their age

If a child does not drink enough their urine may become concentrated, & their bladder may become irritated, the bladder may need to be emptied more often, it can be more difficult to control the bladder, and the bladder may be too small to hold all the urine made over night.

Ensuring your child drinks the recommended amount for their age will help the bladder to stretch so it is big enough to hold all the urine overnight. Wetting may initially worsen after children start to increase their fluid intake as the bladder only stretches to hold approximately an extra 30mls of urine a month.

Encourage a bedtime routine, e.g. bath, books toilet, sleep

Having '2 wees at bedtime' (double void) should be encouraged.

Ensure there is some light if the child needs the toilet in the night e.g. a night light  
Lifting your child does not promote a dry night; they need to learn to wake up  
Consider practicalities if sharing a room or sleeping in a bunk bed

Do not encourage children to try and 'hold' their wee. If they need to go, they need to go! Holding can cause or worsen irritability of the bladder which can increase wetting.

### Importance of bedtime routine



## Drinks

- 6 drinks everyday helps the bladder to stretch
- The drinks should be spaced evenly throughout the day.
- Ask school staff to encourage your child to have regular drinks
- Reward charts can be helpful to encourage drinks
- If your child can avoid 'dark' drinks, like blackcurrant and fruit juices which are more irritable to the bladder it may help. Milk too close to bedtime is also to be avoided if possible.
- Children should have drunk most of their fluid intake before they come home from school (4 of their 6 drinks)
- Children have most successes if they avoid drinks 2 hours before bedtime

## Constipation

Even a small amount of constipated stool can impact on a child's bladder and its ability to fully fill. Children should be having their bowels open once per day and it should be a soft stool, with no straining required to pass it.

Treat constipation with diet and lifestyle changes such as;

- High fibre foods
- Five portions of fruit and vegetables every day
- Drinking the recommended amount of fluid
- 60 minutes of physical activity every day

Contact your GP if you are worried, your child is in pain or you think your child may be constipated. They may require medication if you see no improvement following the advice above.



### Smokefree Life

For further information on giving up smoking  
<https://www.nhs.uk/smokefree>  
[ee](https://www.nhs.uk/smokefree)

Smokefree Life, Oxfordshire  
Tel: 0800 246 1072 or  
01865 238 036



## Positive parenting

Parenting children can be enormously rewarding and fulfilling – but let's face it, parenting is also exhausting and challenging. Most parents, when asked what they really want for their children, is universal "I want them to be happy". Parenting styles really can help toward achieving this - and the love and support you give your children is critical to their future well-being. In addition to unconditional love, children and young people also need clear boundaries. The most important thing we can do for the well-being and emotional development of our children is to combine unconditional love with clear and consistent boundaries and rules.

More information in the NSPCC leaflet embedded.

**Further information on Positive Parenting is available from the NSPCC**  
<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/positive-parenting.pdf>



To contact the SHN Team in your locality

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The school health nurse for your school is Helen Newitt